



Skillet Chicken Meatball Parm

with Garlic Bread & Roasted Green Beans



30-40min



2 Servings

This fast and loose twist on chicken Parmesan is just as delicious without all the effort. Chicken sausage meatballs simmer in tomato sauce before we add slices of mozzarella and broil it all together. What will you do with that skillet full of savory sauce? Scoop it up with crusty Parmesan garlic bread or roasted Parmesan green beans—your choice!

What we send

- garlic
- 1 oz panko ¹
- ½ lb uncased Italian chicken sausage
- 6 oz tomato paste
- ¾ oz Parmesan ⁷
- ½ lb green beans
- 1 baguette ¹
- 3¾ oz mozzarella ⁷

What you need

- 1 large egg ³
- kosher salt & ground pepper
- olive oil
- sugar

Tools

- medium ovenproof skillet
- rimmed baking sheet

Cooking tip

In a hurry? Prep the meatballs ahead of time! After step 1, store them in an airtight container in the fridge until ready to use.

Allergens

Wheat (1), Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 860kcal, Fat 43g, Carbs 65g, Protein 55g



1. Make meatballs

Preheat oven to 450°F with racks in the center and top position. Finely chop **1 tablespoon garlic**.

In a medium bowl, combine **¼ cup panko**, **1 teaspoon of the chopped garlic**, and **1 large egg**. Add **sausage** and knead or stir to combine. Using slightly moistened hands, form into 6 meatballs (mixture will be loose and meatballs may flatten slightly).



4. Prep green beans

Meanwhile, finely grate **Parmesan**. Trim stem ends from **green beans**, if necessary.

On one half of a rimmed baking sheet, toss **green beans** with **1 tablespoon oil** and **a generous pinch of salt**. Roast until crisp-tender and browned in spots, about 8 minutes. Sprinkle with **half of the Parmesan**.



2. Brown meatballs

In a medium skillet, heat **1 tablespoon oil** over medium-high until shimmering. Add **meatballs** and cook, turning once or twice, until browned but not cooked through, about 5 minutes. Transfer to a plate and reduce heat to low.



5. Make garlic bread

While **green beans** roast, split **bread**. Generously brush cut sides with **oil**; sprinkle with **remaining chopped garlic and Parmesan**. Transfer to open side of baking sheet.

Roast until bread is golden and crisp and green beans are tender, 5-7 minutes. Remove from oven; switch oven to broil.



3. Simmer meatballs

Add **⅓ cup tomato paste** and **1 teaspoon of the chopped garlic** to skillet. Cook, stirring, until paste darkens slightly, 1-2 minutes. Stir in **1½ cups water** and **½ teaspoon each of salt and sugar**.

Add **meatballs** and bring to a boil over high heat. Reduce heat to medium; simmer, turning meatballs occasionally, until sauce is thickened, 10-13 minutes.



6. Finish meatballs & serve

Thinly slice **mozzarella**. Place over **meatballs**. Broil on top oven rack until melted and lightly browned, about 3 minutes (watch closely as broilers vary).

Cut **garlic bread** into pieces and serve with **chicken meatball Parm** and **green beans**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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